

ABSTRACT OF THE DISCLOSURE

Compositions useful to reduce cholesterol absorption. The compositions may be dosed in capsule or tablet form, or by adding either in liquid or dry powder form to foods and beverages. The compositions are an aqueous based homogeneous micellar mix which is dried to provide a mixture of finely-divided plant sterol, preferably sitostanol and lecithin. The mole ratio of the plant sterol, preferably sitostanol to lecithin, should be within the range of 1:0.1 to 1:10, preferably at least 1:2.